

October 2007

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

October 8 – 31: Walk 1 mile (or equivalent exercise) each week

November 2007

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

November 1 – 16: Exercise 20 minutes 3 days/week

November 17 – 30: 7 – 8 hours of sleep daily

December 2007

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

December 1 – 15: No more than 16 oz. of soda daily

December 16 – 31: 20 minutes of time for self

January 2007

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 1 – 15: 5 servings of fruits & vegetables daily

January 16 – 31: 30 minutes of exercise daily

February 2008

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

February 1 – 15: 7 – 8 hours of sleep daily

February 16 – 29: 20 minutes of time for self

March 2008

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March 1 – 15: No more than 1 sweet daily

March 16 – 31: Drink at least 8 glasses (64 oz. total) of water daily

April 2008

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

April 1 -18: Walk 5 miles (or equivalent exercise) each week

April 19 – 30: No more than 16 oz. of soda daily

May 2008

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

May 1 – 15: Choose your own health idea

May 16 – 23: 20 minutes of time for self

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Exercise Equivalents

Physical Activity	Time spent to equal 1 mile or 2000 steps
Skiing (downhill)	15 minutes
Skiing (cross-country)	10 minutes
Bicycling – leisurely	20 minutes
Bicycling – light, 10–11.9 mph	13 minutes
Bicycling – moderate, 12–13.9 mph	10 minutes
Bicycling – vigorous, 14–15.9 mph	8 minutes
Bicycling – racing, 16–19 mph	6 minutes
Stationary bicycling: light	16 minutes
Stationary bicycling: moderate	11 minutes
Stationary bicycling: vigorous	8 minutes
Aerobics: low impact	16 minutes
Aerobics: high impact	11 minutes
Water aerobics	20 minutes
Swimming laps: vigorous	8 minutes
Swimming laps: light/moderate	10 minutes
Resistance training (weightlifting)	27 minutes
Skating	20 minutes
Dancing	15 minutes
Soccer	10 minutes
Basketball	20 minutes
Jumping rope	12 minutes
Football	15 minutes
Relay Races	20 minutes
Tennis	10 minutes
Golf (walking)	20 minutes



Ellison Park Elementary

Faculty and Staff Wellness Program

Name: _____

We are excited to have you participate in our faculty and staff wellness program. We hope you enjoy the benefits of making healthy choices.

Inside is chart to track a variety of healthy behaviors. Please put an X through each day that you complete the specified goal. These charts will be collected and recorded on the following days:

*Thursday, November 1st

*Monday, December 3rd

*Thursday, January 3rd

*Friday, February, 1st

*Monday, March 3rd

*Tuesday, May 1st

*Tuesday, May 27th

